

# HealthEdina

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## Edina Health Division

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## Protect Your Customers and Employees from Norovirus

From time to time, people talk about having the "stomach flu." There's no such thing!

Influenza is a contagious respiratory disease caused by a virus that attacks the nose, throat and lungs. It has nothing to do with the common symptoms of foodborne illness: vomiting and diarrhea. Foodborne illness is the general term used for bacterial or viral illnesses that are commonly associated with food products. Most of us have heard of Salmonella and E.coli, but the most common illness from food is actually caused by Noroviruses.

Noroviruses are a group of viruses that can cause gastroenteritis, an inflammation of the stomach and intestines. Noroviruses are very contagious. They are found in the stool (feces) or vomit of infected people. From there, noroviruses are transferred to food, water or surfaces by the hands of infected people who have not washed well after using the bathroom.

Norovirus can produce illness in any location where poor personal hygiene, close personal contact or food preparation take place, including schools, restaurants, daycares and workplaces. Symptoms usually begin 24 to 48 hours after ingestion of the virus, but can appear as early as 12 hours after exposure.

According to the State Health Department, there is no evidence that sick people can become long-term carriers of the virus, but the virus can be in the stool and vomit of those infected from

the day they start to feel ill to as long as two weeks after they feel better.

The best preventions for norovirus are good personal hygiene, good handwashing practices and staying home from work (especially in food service) when you are ill with vomiting or diarrhea.

*Norovirus fact sheets are available in English and Spanish online at [bit.ly/1Vmvv2C](http://bit.ly/1Vmvv2C). For more information, contact the Edina Health Division at 952-826-0370.*

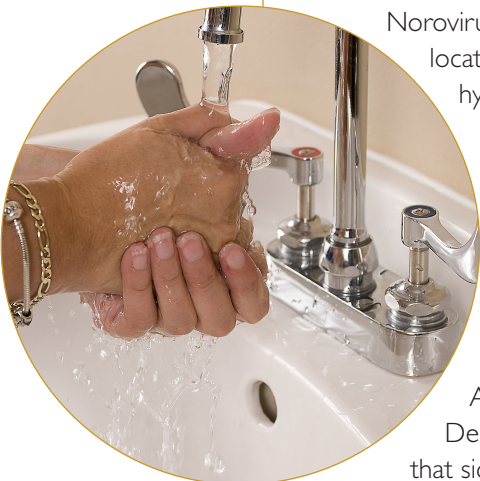
## Test Your Home for Radon

Radon is a colorless, odorless radioactive gas that seeps up from the earth. When inhaled, it gives off radioactive particles that can damage the cells that line the lungs. Long-term exposure to radon increases the risk of lung cancer. Radon is the No. 1 cause of lung cancer in non-smokers and the second-leading cause of lung cancer, after tobacco, in smokers. Thankfully, this risk is preventable through awareness and testing.

### Where does radon come from?

Radon comes from the soil. Radon is produced from the natural decay of uranium that is found in nearly all soils. Uranium breaks down to radium. As radium disintegrates, it turns into radioactive gas: radon. As a gas, radon moves up through the soil and into the air you breathe.

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## On The Move: Restaurant and Lodging Edition

Many new restaurants have opened, closed or moved in the past year.

The area around Edina Industrial and Metro Boulevard has seen many changes, including the remodel of **Cheetah Pizza**, the relocation of the **Caribou Coffee/Einstein Bagels** to the east end of the strip mall, and **Baja Sol** taking over the old Caribou space at the west end. A new child care center, **The Gardner School**, will also open in the area. **Starbucks** and **Jimmy John's** have also recently opened at the northwest corner of Edina Industrial and Metro boulevards.



Healthy Express

At Southdale Center, **Healthy Express** took over the old Freshii location, **DeLeo Bros. Pizza** opened in the space previously occupied by Z'Italiano, and **Chatime** opened after remodeling an old Cinnabon space.

Also on the Southdale

property, **Homewood Suites** is planning a hotel for the northeast corner of the property near **Schlitzky's Deli**.

Elsewhere along France Avenue, **Lou Nanne's Steak House** opened in the old Macaroni Grill location, **D. Brian's Deli** opened another location, **Barnes & Noble** will open a new location in the Galleria with a full-service kitchen and bar, and a new senior living facility called **Aurora on France** will open soon.



Chatime

Additionally, Eden Avenue Grill has remodeled and rebranded and is now open as **The Hilltop**, and **Fresh Wok** opened in the Imperial House space just south of 70th Street and Cahill Road. In the northwest corner of the city, **Children's Hospital** now occupies the old UnitedHealth building on Lincoln Drive and has reopened the onsite cafeteria.

For more information, contact the Edina Health Division at 952-826-0370.



Baja Sol

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## How does radon enter a home?

Since radon is produced from soil, it is present nearly everywhere. Because soil is porous, radon gas is able to move up through the dirt and rocks and into the air we breathe. If allowed to accumulate, radon becomes a health concern.

Two components that affect how much radon will accumulate in a home are pathways and air pressure. These components will differ from home to home.

Pathways are routes the gas uses to enter your home and found anywhere there is an opening between the home and the soil. Air pressure between your home's interior and the exterior soil is what helps to draw radon gas into the home via pathways.

## What can I do?

Test your home! Kits for radon testing are available at home improvement stores and through some mitigation contractors. Also, the Edina Health Division will have kits available during Radon Awareness Month in January 2017. Kits will be available for both residents and non-residents. If your test comes back with a result over 4pCi/L, you should consider radon mitigation.

For more information, contact the Edina Health Division at 952-826-0370.